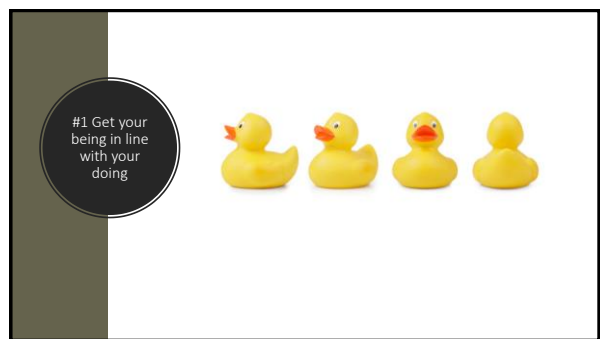


WALK

SKIP

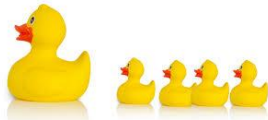
TRUDGE





"I do fundraising. But I am a musician."

#1 Get your
being in line
with your
doing



#2 Kill the Ants



Automatic Negative Thoughts

ANTs

ANT Hit Parade

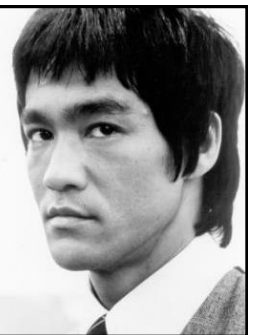
1. Money (or lack thereof)
2. Perfect body (or lack thereof)
3. Awesome career (or lack thereof)
4. Super soulmate (or lack thereof)

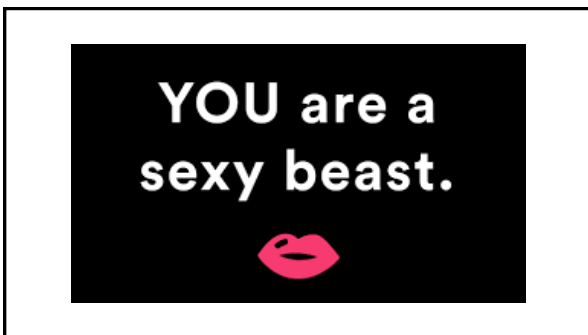
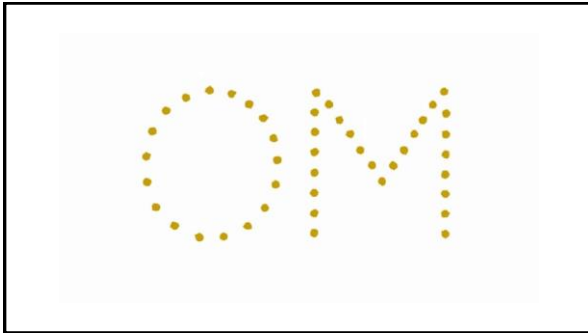


#3 Mantra-fy Your Life

*As you think so
shall you become.*

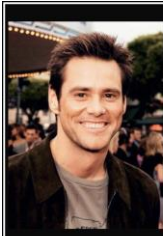
- Bruce Lee





From inspiration to action...

a.k.a. Owning your words so you can own your life.



I would visualize things coming to me. It would just make me feel better. Visualization works if you work hard. That's the thing. You can't just visualize and go eat a sandwich.

(Jim Carrey)

izquotes.com

Own
Your
Words.

Own
Your
Life.

by Erica Burkhart



WHO'S AWESOME?

You're awesome.